



The Pulse

This is a monthly newsletter distributed by Work-Fit®

Contact us at:

Work-Fit® MDOC

Injury Care Program: Health
and Fitness Program

Monday through Friday

5:30am - 7:30pm

780-6002

Special points of interest:

- Biggest Loser Contest final results
- Wheel of Fortune Incentive updates



Work-Fit continues to offer **Office Ergonomic Assessments** to any facility free of charge. Call today to schedule with Traci at 6002.

Make sure to visit

www.michigan.gov/mdcs and click "Employee Benefits" then click "Health and Wellness" to read January's WOW Newsletter.

Biggest Loser Contest: Final Results

The Biggest Loser contest was a success. Jackson DOC is 135.05# lighter and healthier. The BLT contest ran for 12 weeks from September through the end of December. There were three levels of prizes that were awarded this year—Gold, Silver and Bronze levels. To be eligible for the "**GOLD**" prize, each person must lose 8% of their body weight, complete a 1-time Health Risk Appraisal (HRA), weigh in weekly, complete monthly body fat composition testing, and have blood pressure checks twice a month. We had 3 MDOC employees achieve the GOLD prize level, thus each received \$130 reward (50% of the total purse \$780 was split equally between the Gold prize winners). We also had 1 employee achieve the Bronze prize level, thus receiving \$78 (10% of total purse).



The contest was restructured this year to provide more health related information along with tools to assist each participant to stay on track to achieve their weight loss goals. The restructuring of the contest posed a challenge for some participants. We had 100% participation for completing the **Health Risk Appraisal**. The **weekly weigh ins** proved to be the demise of many participants. To be successful with any program, one must surround themselves with a strong support network. Making the participants accountable each week challenged them to stay the course. Lifestyle changes do not happen overnight. Work-Fit's mission is to be an agent of change by making "Health" personal for all employees.

All BLT participants need to contact Work-Fit to see if they are eligible for additional prizes. Deadline for claiming prizes is January 26. Work-Fit may be reached at 6002.

Wheel of Fortune Incentive: 4th Quarter Results

The final fitness incentive for 2006 was **Wheel of Fortune**. We had 70+ participants. For each 20 minute work-out, you were given 2 chances to draw "letters" out of a bag in an attempt to spell W O R K F I T. For each WORKFIT that was

spelled, the employee was given a prize. The prizes increased for each completely spelled word. JMF's Employee Club donated monies to be evenly distributed between JMF employees that successfully spelled WORKFIT. Each word

was worth \$27. Mr. John Bostic was the grand prize winner from JMF, taking home \$81. Congratulations to Mr. Bostic and all MDOC employees that participated. Work-Fit is finalizing the incentives for 2007. Contact a staff member for details.

